BENGALURU, WEDNESDAY, APRIL 3, 2024 www.Bangaloremirror.com 12 Pages PRICE ₹3

Bangalore Mirror

TEMP Max 36 | Min 23 | Humidity 33% Mostly Sunny Sensex 73,903 | Nifty 22,453 | Gold 68,870 | Silver 76,660 | Dollar 83.40 | Euro 89.71 | GBP 104.74

How lack of parking facilities amid ever rising number of vehicles is affecting mobility in Bengaluru

PARKING TROUBLE

1,833 violations of parking at bus stops so far this year

| Melvin Mathew
c-melvin.mathew@timesgroup.com

TWEETS @BangaloreMIRROR

In the absence of adequate parking facilities, vehicles continue to be parked in front of bus stops in the city. The Bengaluru Traffic Police recorded 1,833 violations of parking at bus stops so far this year. The city does not have adequate parking facilities; this leads to vehicles being parked everywhere rather haphazardly.

The problem further worsens when vehicles are parked in front of bus stops.

Parked vehicles not only prevent commuters from safely boarding buses but also lead to traffic congestion.

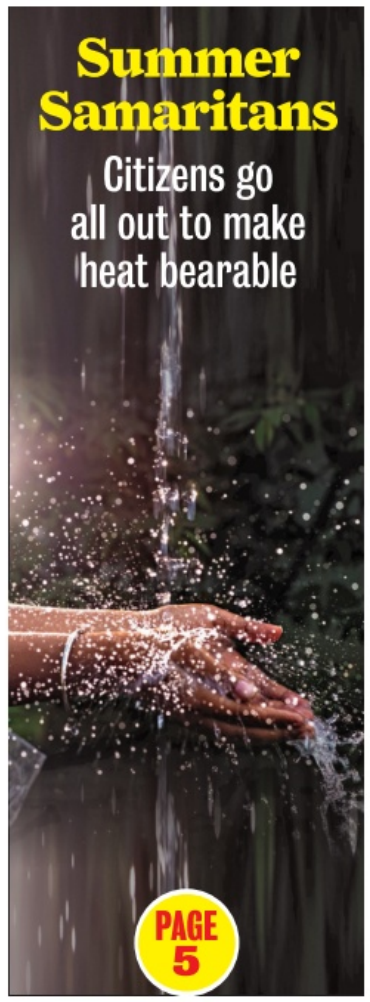
According to traffic police data up until February end, 2,11,857 cases of various parking violations were registered.

Bengaluru Traffic Police (BTP) booked 1,833 cases of parking at bus stops, 1,77,898 cases of wrong

CONTINUED ON PAGE 8 »

“While we have areas that do not permit parking, there is no effective regulation of parking spaces

— Ashwin Mahesh, urbanist



Lets test drive Hyundai Sports Car
i20 N Line

The all-new i20 N Line promises utmost safety of all the passengers with it's unparallel safety features

Price Starts @ ₹9.99 lakh*

Strong Brand Legacy
All-round Safety
Engine & Transmission Options for Everyone
'Sensuous Sportiness' Design
Unmatched Features

Test Drive the Hyundai i20 N Line before you decide on any car

Edge over Competition		
Features	Hyundai i20 Asta MT	Maruti Suzuki Baleno Alpha MT
Length (mm)	3995	3990
Width (mm)	1775	1745
Wheelbase (mm)	2580	2520
Emergency Brake Light Flashing	Yes	No
Tyre Pressure Monitoring System (TPMS)	Yes	No
Traction Control System	Yes	No
Sunglass Holder	Yes	No
Sunroof - Electrically Adjustable	Yes	No
Ambient Interior Lighting	Yes	No
Parametric Jewel Pattern Grille	Yes	No
Shark Fin Antenna	Yes	No
Z-shaped LED Tail Lamps	Yes	No
Wireless Charger	Yes	No
Touchscreen AVNT	10.25"	9"
Bose Premium Speakers	Yes	No
Eco Coating Technology	Yes	No
Hyundai Blue Link – 60 Features	Hyundai Blue Link – 60 Features	Alexa Connect - 40 Features
Remote AC: On / Off via App	Yes	No
Puddle Lamps	Yes	No
Cooled Glovebox	Yes	No
OxyBoost Air Purifier	Yes	No
Dual Clutch Transmission	Yes	No
1.0 l Turbo GDi petrol engine	Yes	No
Warranty	3 Years	2 Years

*Terms and conditions apply. Ex showroom price. Features and specifications may vary. Source: From respective manufacturer's product brochures. For more details visit your nearest Hyundai showroom.

HYUNDAI

Advaith Hyundai
9606076451
www.advaithhyundai.com
corporatesales@advaithhyundai.com

Trident Hyundai
8496000181
www.tridenthyundai.com
manjunath@tridenthyundai.com

Blue Hyundai
9591100001
www.bluehyundai.co.in
Info@bluehyundai.in

Lakshmi Hyundai
8884499033
www.lakshmihyundai.co.in
marketing.blr@lakshmigroup.co.in

Pavan Hyundai
9364012906
www.pavan.hyundaimotor.in
Info@pavanhyundai.com

2 THINGS TO DO

01 Revisiting the past

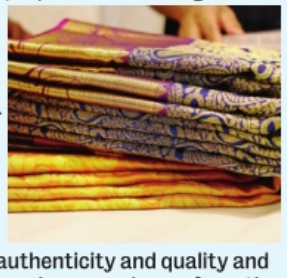
Engage in interactive experiences and uncover untold stories behind postcards, shedding light on the intricacies of human experience, recalling memories, identities, and the enduring legacy of postcard communication at the Museum of Art & Photography (MAP) with "Hello & Goodbye: Postcards from the Early 20th Century." Launching on April 6, the exhibition will delve into the historical significance of picture postcards through narratives embedded in 80 postcards, shedding light on colonial influences and the formation of identities. **When: April 6 to August 18 Where: Museum of Art & Photography (MAP), Infosys Foundation Gallery**

02 Soulful melodies

Catch soulful live jazz music and covers by 'Velvet Tunes,' a jazz duo offering a fresh perspective in the scene of jazz with a blend of classic standards and original compositions at 'Friday Tipsy Jazz' presented by The Drawing Room at Smoke House Deli. Their seamless interplay and intuitive understanding create captivating performances, showcasing their deep musical bond. They have graced the stages of renowned venues like Kadence Experience and Dialogues Cafe. **When: April 5, 8 pm onwards; Where: The Drawing Room at Smoke House Deli, Indiranagar**

This Ugadi, experience the essence of tradition

Looking for traditional handloom sarees or contemporary designer pieces for your Ugadi festive looks? Look no further; explore a wide range of exquisite festive silk sarees, handwoven by master weavers and priced at weaver rates, perfect for celebrating the spirit of tradition and culture at Kancheepuram Varamahalakshmi Silks. Renowned for their commitment to authenticity and quality and preferred by saree connoisseurs, choose from the variety of designs, colours, and patterns of the finest selections from Kancheepuram to Banarasi, Gadwal to Paithani, Arani, Dharmavaram, and lightweight Kancheepuram sarees and beyond. Indulge in the splendour of silk sarees that epitomise the beauty of Indian culture and heritage and celebrate Ugadi in style with Kancheepuram Varamahalakshmi Silks, adding a touch of elegance to your festive wardrobe. — BMB



School's in, and so is safe drinking water

New RO unit installed under CSR initiative at a government school

| Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

(Inset) The RO unit inaugurated at the Government Primary School, RS Palya

The Government Primary School at RS Palya near Kammanahalli in Bengaluru East inaugurated the installation of a reverse osmosis (RO) unit on Monday. Around 120 students at the school are delighted with the provision of a safe drinking water facility. All these years, the students and teachers had to depend on private water suppliers for drinking water. Now, they can have clean and safe drinking water free of charge on their school grounds.

BS Nagaraj, district 317E governor of the Lions Club of Bangalore, inaugurated the RO unit, while Lion Rajesh Sadagopan, president of the Lions Club of Bangalore Shikshana, presided over the function. A mango sapling was planted on the school premises to mark the occasion. The RO unit was installed under the corporate social responsibility (CSR) initiative by Sirva in association with Lions Clubs International Foundation.

Nagaraj said that the Lions Club of Bangalore has been extending financial assistance for basic amenities at government schools. "We came to know about the lack of clean drinking water facilities at this school when we organised a medical camp for the students. We already installed a RO unit at another government school a few years ago. Now, we are happy to install the RO unit at this school," he added.

> **"Wastewater generated from the RO unit will be used for cleaning and watering the saplings on the school premises**
> – Lion Rajesh Sadagopan

Speaking on the occasion, Lion Sadagopan said that they thought it was best to open a RO unit at this school for the welfare of schoolchildren who were suffering due to a lack of clean drinking water facilities. "Wastewater generated from the RO unit will be used for cleaning purposes and watering the saplings on the school premises. We have decided to plant more saplings, including fruit-bearing plants, on the school premises that will be useful for the children and also for birds in the future," said Sadagopan. He further added that the RO plant is exclusively meant for schoolchildren, and the public would not be allowed to fetch water from it.

Appreciating the Lions of Club of Bangalore for installing the much-needed RO unit on the school premises, Chandrappa, the headmaster of Government Primary School, said that this drinking water facility would be a great help for the students and teachers. "We have a Cauvery water connection. We will pump Cauvery water to an overhead water tank and supply water from it to the RO unit," said Chandrappa.

Kannada sets foot into Vatican News feed

Other non-European languagues on portal include Mongolian, Malayalam, Swahili and Armharic

The Vatican News on Tuesday said it would begin translating its news stories into Kannada, making it the 53rd language used by the Vatican's media outlet. Vatican News is the official media outlet of the Holy See, whose official language is Italian. Other non-European languages into which the portal translates its stories include Mongolian, Malayalam, Swahili, and Amharic.

The addition of Kannada, which is spoken by an estimated 40 million people in and around Karnataka, helps the church better communicate with its followers on the continent where Catholicism is expanding. "News about the Pope, the Vatican, the universal church, and the world will be of great interest and importance for the local church," said Peter Machado, the Archbishop of Bangalore, announcing the new addition on Vatican News. He thanked Pope Francis for his continued efforts to "bring the Church to the peripheries."

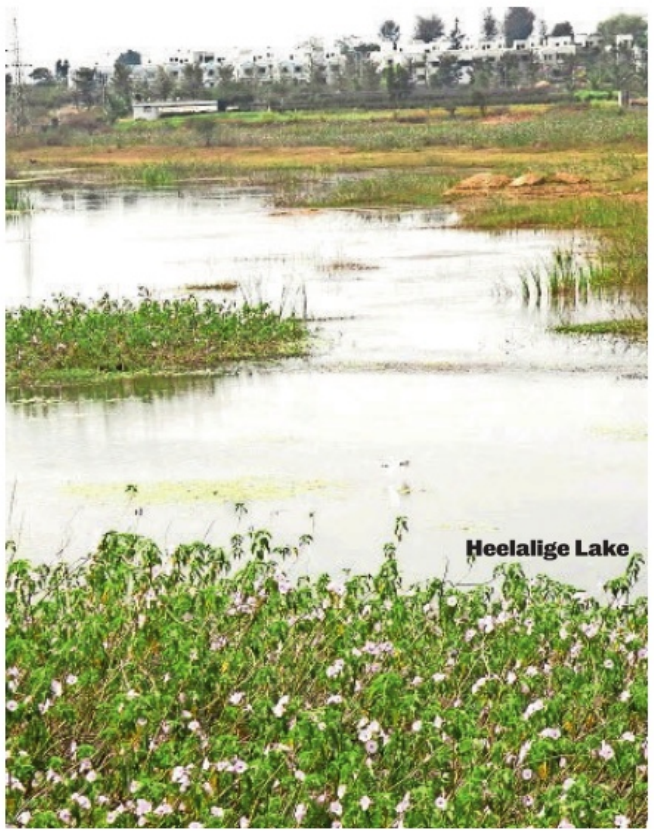
> **This addition makes it the 53rd language to be used by the Vatican's media outlet**

According to the most recent census, more than two percent of India's 1.4 billion people are Christians, most of them Catholic, representing approximately 20 million people. Hinduism is the most widely practised religion, at about 80 percent, followed by Islam.

Paolo Ruffini, the prefect of the Dicastery for Communication, called the Vatican's effort an "homage and a way of walking together" to the culture of those who speak the ancient Dravidian language. – AFP

Alleged damage to lake lands NGO in hot water

Lake authority prods municipal body to act on alleged harm during Heelalige Lake revival work; Sarjapur police has now filed FIR



Garima Prasher
garima.prasher
@timesgroup.com
TWEETS @BangaloreMIRROR

The Chandapura Town Municipal Council (TMC) has filed a police complaint against Malligavad Foundation, a city-based environmental NGO, for allegedly damaging Heelalige Lake in the Anekal area. Based on the complaint raised by the chief officer of TMC, Sarjapur Police has filed an FIR charging the Foundation under various sections of the Karnataka Tank Conservation and Development Authority (KTCDA) Act.

The complaint was filed after KTCDA, through a letter issued on March 21, directed TMC to take up the issue based on a report that appeared in Bangalore Mirror (BM).

In its March 19 edition, BM published a news article highlighting irregularities and mismanagement in the garb of social service provided by the NGO, backed by CSR funds from a city-based MNC.

Following the news report, officials from KTCDA and TMC inspected the lake on March 27 and concluded that the rejuvenation work done by the foundation was unscientific. The officials also highlighted that the work was carried out without permission from the authorities concerned.

The botched-up rejuvenation of Heelalige Lake came under the scanner after residents and farmers of Heelalige village reached out to Chief Minister Siddaramaiah and government agencies such as Karnataka State Pollution Control Board and KTCDA. In the letter written to the CM and government agencies, locals underlined the pitiable state of Heelalige Lake, post its CSR-based rejuvenation by the Malligavad Foundation.

Locals had alleged that the unscientific rejuvenation work, taken up by the Malligavad Foundation a few months ago, has impacted the lake's ability to impound rainwater from its catchment area. This has severely depleted the groundwater table and has created a severe water shortage in the area.

"The village is dependent on the 400-year-old lake for domestic and agricultural uses, apart from animal husbandry. However, unauthorized and drastic changes made in the lake last year have severely impacted its functionality and have gone completely dry. We have been facing severe water shortage in the area," said a villager.

Residents also noted that while the KTCDA Act mandates that any lake rejuvenation project in the state can be launched only after getting its DPR (detailed project report) approved, no approved DPR is available for the Heelalige Lake project.

According to the KTCDA Act, construction of any structure on tank land or obstruction to the normal course of inflow or outflow of water into, or from, the tanks on the upstream and or downstream is considered a violation of the Act. Some other violations include breaching the lake bund, and waste weir including lowering/raising the height of the waste weir from its original height, dumping debris or earth soil into the tank and destroying the impoundment of water, blocking the sluice gate, thus disabling flood control.

Based on these violations highlighted by KTCDA in its inspection report, the Police have now charged Malligavad Foundation under IPC section 447 (mischief - any act which causes a diminution of the supply of water for agricultural purposes, or food or drink for human beings or animals) and IPC 430 (criminal trespass).

BM published a story on March 19, exposing irregularities and mismanagement in the guise of social service by an NGO supported by CSR funds from a city-based MNC

BangaloreMirror
Unscientific rejuvenation impacted 400-year-old lake's capacity to impound rainwater from catchment, locals allege
WAKE FOR THE LAKE
'No approved DPR available for Heelalige project'

Estd : 2006 Regd. No. : MSCS/CR1130/2014
TMCC
ISO 9001-2015 Certified
ತುಮಕೂರು ಮರ್ಚೆಂಟ್ಸ್ ಕ್ರೆಡಿಟ್ ಕೋ-ಆಪರೇಟೀವ್
TUMKUR MERCHANTS CREDIT CO-OPERATIVE
(Multi State Co-Operative Society)
ಪ್ರಧಾನ ಕಛೇರಿ : ಜೆ.ಸಿ. ರಸ್ತೆ, ತುಮಕೂರು - 572 101, ಕರ್ನಾಟಕ.
Ph.: 0816-2260146 Email : ho@tmccltd.com AI based website : https://mytmcc.in

TMCC Family Express the gratitude to Shareholders and Customers for their Support to Achieve this Land Mark

PROGRESS as on 31-03-2024

NET PROFIT
₹ 48.05 Crores

TURNOVER
₹ 13,700 Crores

Subject to Audit

Proposed Dividend : 15%

Sahakara Rathna
N.S. JAYAKUMAR
President

"Join & Grow with Us"

Station bottleneck hampers B'luru–Mysuru rail travel

Increasing train traffic and inadequate platform space at stations lead to extended travel durations

Sridhar Vivan
sridhar.vivan
@timesgroup.com
TWEETS @sridharvMirror

The doubling of railway tracks and electrification might have significantly reduced the travel time of trains between Bengaluru and Mysuru. However, the time to reach the destination has not decreased but increased. Ironically, some trains now take three to four hours to reach the station platforms. Officials blame the bottleneck due to insufficient space for halting at stations, causing delays of up to an hour for the daily commuters.

Covering a distance of 137 km between the cities, the travel time has extended from the usual two and a half hours to three and a half to four hours due to congestion at stations. "The lack of parking space forces trains to linger for extended periods at the outer zones of stations in both cities or to move at a slower pace. This issue affects several trains including Basava Express, Talaguppa Express, and Tirupati Express. While the increasing train traffic is a positive sign, the primary cause of this problem stems from inadequate platform infrastructure at railway stations for halting trains," said an official.

Trains from Mysuru to Kengeri usually take two hours, but due to limited space at KSR Bengaluru City railway station, the 12 km stretch between Kengeri and KSR extends to an hour instead of 15 to 20 minutes. Similarly, trains travelling from Bengaluru to Mysuru encounter delays of up to half an hour to 45 minutes due to congestion near the goods terminal on the outskirts of Mysuru railway station. Such waiting situations near the destination point are termed as the 'bottleneck' problem.

One proposal is to establish a separate station akin to the Chennai model for maintenance work, allowing cleaning, filling, and repairing of trains without disrupting regular operations at Bangalore station

Passengers and experts suggest several solutions to alleviate the bottleneck issue. One proposal is to establish a separate station akin to the Chennai model for maintenance work, allowing cleaning, filling, and repairing of trains without disrupting regular operations at Bangalore station. Additionally, enhancing platforms at Belagola station near Mysuru and introducing three additional platforms at Ashokapuram station is recommended. Adherence to a scientifically designed schedule and expanding platforms at Bangalore station is also part of the proposed solutions. Establishing a separate yard dedicated to train handling is another viable option. With over one lakh passengers commuting between Mysuru and Bangalore and 31 pairs of trains operating daily on this route, addressing the bottleneck issue becomes imperative to ensure smooth and efficient railway operations.

Meanwhile, the travel time between Bengaluru to Chennai is set to be reduced to 4.25 hours as the Jolarpet-Bengaluru railway line is undergoing upgrades to accommodate speeds of up to 130 kmph. This enhancement is expected to reduce travel time for Vande Bharat and premium trains from 4.25 hours to four hours within the next two to three months. Officials said that the ongoing work to upgrade the line is progressing well and is likely to be completed in two months, resulting in a significant reduction in travel time.

This development will particularly benefit two Vande Bharat services and two Shatabdi Express trains that operate daily on this route. Additionally, travellers are reminded that carrying gold on trains without proper documentation is prohibited. The Railway Protection Force (RPF) has intensified checks in compliance with instructions from the Election Commission of India. Officials said that gold and money without valid receipts will be confiscated during these checks, as part of efforts to prevent the illicit transfer of assets during election periods.

The first pier of the Bengaluru Suburban Railway Project (BSRP) will come up near Hebbal Railway station

Bengaluru Suburban Railway Project advances with land lease for Corridor–4

Land lease agreement expedites progress of BSRP's corridors, boosting infrastructure development amidst new funding and revised deadline

The Bengaluru Suburban Railway Project (BSRP) made significant headway on Tuesday when South Western Railway leased 114.472 acres of land for Corridor-4 from Heelalige to Rajanukunte in the city, sources said. According to sources, the Railways handed over the land to the Rail Infrastructure Development Company-Karnataka Limited (K-RIDE) for Corridor-4, which is called 'Kanaka Line'. K-RIDE is executing the project.

"The lease agreement for revised Railway land from 157.07 acres to 85.707 acres for Corridor-2 (Mallige Line) was also signed today," a source said. This transfer of land will help speed up the project, which is going on at a snail's pace, the sources said. On February 9, the Karnataka government and the KfW Development Bank of Germany entered into a Memorandum of Understanding (MoU) for funding the BSRP project. The bank will lend Rs 4,561 crore at an annual interest rate of 4 per cent interest for 20 years. According to the K-RIDE officials, the loan amount will be used for the works of Corridor-3 Station and via duct, Corridor-4 station work, Depot-1 solar panel and security equipment. This loan is aimed at addressing critical infrastructure needs.

While laying the foundation stone of BSRP in Bengaluru in June 2022, Prime Minister Narendra Modi said, "What had not happened in the past 40 years will be completed in the next 40 months." Now, Karnataka Infrastructure Development Minister MB Patil has set a new deadline of December 2027 for the completion of the project. – PTI

whatsapp MIRROR 9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Free the pavement

Kumara Krupa Road

The pavement is blocked by parked vehicles, making it very difficult to walk through here, especially for senior citizens.

Trash trail

Bannerghatta

The picturesque Kaggalipura–Bannerghatta Forest Road has tragically transformed into a dumping ground for trash.

Where to walk?

Kaggadasapura

The walking track at Kaggadasapura Lake is being utilised for dropping off/picking up kids from nearby schools, necessitating immediate intervention by relevant authorities to halt this practice.

Summer Samaritans walk on water

The newly-constructed concrete ring being filled with water for wild animals at Tataguni Estate

Citizens go all out to make heat bearable — installing water bowls for birds, animals, making sure saplings in city stay hydrated

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

A group of people have gotten together to set up 16 concrete rings for wild animals and water bowls for birds at various locations in Turahalli, Kaggalipura, and BM Kaval forests, Bannerghatta National Park, and Halagevaderahalli lake.

It all started when Dr Kalpana Vishwanath, a gynaecologist from Raja Rajeshwari Nagar, learned about how birds and animals at Halagevaderahalli Lake were suffering due to a lack of water, owing to it being bone dry for the past year.

"I thought of doing something for the animals and birds. So, I contacted DS Kiran Kumar, founder of the Green Army Force, for guidance," said Dr Vishwanath.

16 concrete rings have been set up at various locations in forested areas and also near a lake

She then informed her friends and well-wishers about her plan. "My friends also contributed money voluntarily. They contributed around Rs 10,000, and I contributed the remaining amount. We spent more than Rs 35,000 to make the rings," she said.

She explained that volunteers and residents of RR Nagar also came forward to fill up the rings with water on a regular basis.

DS Kiran Kumar, founder of the Green Army Force, said that he helped identify suitable locations for the rings and water bowls at Turahalli, BM Kaval, Kaggalipura forests, and Bannerghatta National Park. "I contacted state forest department officials to fill the concrete rings and water bowls with drinking water on a regular basis and they agreed," said Kumar, adding that he provided water bowls for birds under the Water for Voiceless (WFV) initiative.

Ramachandra M, a resident of RR Nagar, said that he is concerned regarding the shortage of water for birds and animals. "Birds and animals need water as the water sources have dried up. I am aware of Dr Kalpana's programmes and am happy to have contributed," said Ramachandra.

Drink up

A Bengalurean has captured the hearts of many online after a video surfaced of him distributing water bottles among traffic personnel during the scorching heat. The clip has gone viral on X, drawing in numerous users who flooded the comment section with gratitude and admiration. The elderly man is seen parking his scooter on the roadside before distributing water bottles from his bag to traffic police constables. The post, shared on March 31, has amassed lakhs of views and likes.

DON'T WITHER AWAY

In an effort to ensure the survival of saplings during the scorching summer months, volunteers in Bengaluru have pioneered a unique method. With water tankers in short supply, these individuals have devised a simple yet effective solution: placing bottles filled with water under saplings to retain moisture for an extended period.

Recognising the urgent need to preserve the city's greenery, the citizens embarked on a mission to keep saplings hydrated and thriving.

The initiative has gained momentum in areas surrounding lakes like Seegehalli and Varanasi, where saplings were beginning to wither due to inadequate water supply. Balaji Raghotham, a prominent lake activist, said, "In this method, we dig up to half a feet next to the plant sapling and then fill water in the bottle before placing it in the dug-up area. This effectively reduces evaporation, ensuring that the plants have access to water for up to a week. Once the water is depleted, the bottle can be refilled, ensuring sustained hydration for the saplings."

The simplicity and efficacy of this approach have received widespread praise from the community, with volunteers working tirelessly to implement it across various neighborhoods.

—Iffath Fathima

Consumer Connect Initiative

BM Shoppers' Avenue

Sustainable and fashionable is the only way to go, folks

If you have been thinking about reducing the impact of your engagement in fast fashion, you're in for a treat!

"Practising sustainability holds immense significance in today's world. However, it doesn't have to be extravagant or burdensome in terms of time and effort. By engaging in small actions like upcycling old garments, embracing thrift shopping, donating clothes, and creatively incorporating old clothes into fashion or home accessories, we can actively contribute to sustainability," says fashion content creator Isha Borah.

While the idea of creating an environmentally conscious wardrobe may require some time and dedication, it is rewarding in the grand scheme of things. What is a sustainable wardrobe you ask? It invites you to embrace the principles of repeated use and longevity of clothing items. It is about investing in versatile pieces that suit every occasion and can be worn again and again, standing the test of time.

"We can also draw inspiration from previous generations and adopt their practices from a time when fast fashion was not as prevalent. For instance, earlier, women used to cherish and maintain their silk saris or traditional wear, not discarding them after just a few wears. I even enjoy wearing my husband's old T-shirts and shirts, which gives me the opportunity to explore my creativity and find new ways to express myself," Isha adds.

Ready to become a sustainability champion? Here are four tips Isha swears by: Instead of discarding tablecloths that are still in good condition, repurpose them into blouses.

Give old solid-coloured T-shirts a fresh look by trying vegetable printing techniques.

Upcycle old dresses, shirts, and scarves to create new tops, skirts and accessories.

Explore the idea of turning stainless steel spoons and forks into unique jewellery pieces like bracelets and pendants.

—Femina

UGADI SPECIAL OFFER
JAIPUR PINK
Presents @ Rain Tree
10am to 7pm | 2nd & 3rd April
Handcrafted Summer Clothings for Men and Women
Hanblocked Ajrakh, Mughal Prints & Handwoven Muslins
No 4, Sankey Road, High Grounds,
Opp. ITC Windsor Manor, Bengaluru
Contact: 94149 84777
Shop for 10000 & Above & Get Flat 15% Off on all ranges

Redevelopment does more harm than good to Gandhi Bazaar!

Shoppers avoid visiting bazaar due to reduced road width, inadequate parking space, long walks from bus stops; traders have lost 50% of regular business

Bangalore Mirror Bureau
mybangaloremirror@timesgroup.com
TWEETS @BangaloreMIRROR

File photo of the flower market at Gandhi Bazaar

Traders and residents of Gandhi Bazaar and the adjoining areas have once again highlighted the problems they are facing following the renovations of the stretch. The renovation, which was taken up nearly two years ago, has failed to resolve issues that existed before.

In the meeting held with a former MLA of the area, locals said that the remodelling work of the road taken up by Bruhat Bengaluru Mahanagara Palike (BBMP), along with the Directorate of Urban Land Transport (DULT), has led to many issues, such as an increase in traffic congestion, frequent road accidents, loss of business, and a lack of parking space.

"As per the detailed project report, nearly 24 square feet of space on the footpath was to be allotted to every street vendor. However, every vendor on Gandhi Bazaar Main Road is currently occupying nearly 400 to 500 square feet, as there is no enforcement of rules. This has hardly left any space for pedestrians to walk or traders to load and unload the goods. Lack of space on footpaths was one of the main reasons behind the redevelopment. However, the project has not been able to address this issue," said Guru Prasad, a resident of the area and secretary of the Heritage Basavanagudi Residents' Welfare Forum.

Locals also highlighted that since the width of the stretch has been reduced to seven metres, BMTC buses have stopped entering the stretch. "The report also mentioned that the width of the road will be nine metres. However, it has been reduced to seven metres without consultation with traders and residents. The road has become so narrow that public buses are unable to enter either through Gandhi Bazaar or National Cooperative Bank Circle. Customers have expressed inconvenience and are reluctant to visit the shops as BMTC buses stop at Rama Krishna Ashram or National College bus stops that are nearly 500 metres away from Gandhi Bazaar Main Road. We have lost nearly 50% of our regular business," said a trader.

> **"Customers are reluctant to visit the shops as BMTC buses stop at Rama Krishna Ashram or National College bus stops that are nearly 500 metres away from Bazaar Main Road** – A trader

Residents further raised concerns regarding the increasing number of road mishaps after the renovation work and demanded that the plan of the multi-level car parking facility be modified to decongest the pedestrian way. "The upcoming parking space should accommodate street vendors in the basement area. This will ensure that pedestrians, both shoppers and traders, have adequate space," added Prasad.

"There are more than a hundred houses on the stretch. People have been living here for generations, and their certain rights cannot be taken away overnight. BBMP and DULT should consider increasing the width of the road and moving traders to the car parking facility to ensure that the objective of the project is met," said a resident of Gandhi Bazaar Main Road.

Unauthorised digging work irks residents

Melvin Mathew
c-melvin.mathew@timesgroup.com
TWEETS @BangaloreMirror

Residents of areas near Shivananda flyover said the ongoing cable work under the flyover is inconveniencing them. They are complaining that the stretch under the flyover is being dug up while having to break the concrete. However, BBMP officials claim that they hadn't given any official permission for the digging. Bengaluru is indeed a city that never stops construction activity, with even the space under a flyover being exposed to digging and construction now. The BBMP has mandated that all road cuttings by civic agencies must get Palike approval since they are fed up with the excavations regularly ruining the perfect roads.

"The work has begun on the road stretch below the flyover since Monday. It seems like they are laying down cables. If the cables had to be laid, BBMP should have pre-planned the situation before laying down the concrete. The process of breaking the concrete has been causing a lot of inconvenience to us," said a resident. Speaking to BM, a BBMP official said, "We haven't given permission for this particular work, and it does not fall under BBMP tasks."

The 493-metre-long flyover was opened to the public in 2022 and was constructed at a cost of Rs 60 crore. Shortly after the inauguration, the flyover was closed for a brief period due to rectification works owing to design flaws in the flyover. BBMP sought the help of IISC experts to rectify the issue, and it was thrown open to the public.

BM Education

Standardisation or quality education, can both be achieved?

Education is changing, and one noticeable shift is happening in the duration of degree semesters. In the past, a semester would often last for six months. However, many colleges are now shortening this period to just four months. This change is worrying both students and teachers.

Upon being asked about their thoughts on the shorter semesters, many students expressed their concerns. Many were worried about the increased pressure to keep up with their studies. With less time to cover the curriculum, they feel like they are rushing through lessons and struggling to understand concepts fully. "Having shorter semesters puts a lot of pressure on us to learn quickly. It feels like we're rushing through our education, and it's tough to keep up," said a group of students.

Meanwhile, for teachers, completing the syllabus within the shortened time frame is a big challenge. They have to speed up their teaching, leaving little time for deep discussions or student participation. Explaining to BM the need to synchronise everyone's schedules, the teachers opined, "Trying to cover the syllabus in just four months is really hard. We want to make sure students learn everything they need to without cutting corners."

They further mentioned the problem of exam delays, especially for students moving from pre-university (PU) colleges to degree colleges. These delays mess up the academic calendar and make it hard for teachers to manage their workload with one exam quickly following another without enough breaks.

Will the shortened semester duration be effective?

The idea behind shortening semesters is to align all degree exams and create a more consistent academic timeline. By having all exams at the same time, colleges hope to make the evaluation process smoother and help students transition more easily. However, making this strategy work is being questioned due to the practical and educational challenges it brings. Education institutions are trying to strike a balance between standardisation and maintaining educational quality. While shortening degree semesters may make scheduling and coordination easier, it also makes things tough for both students and teachers. Finding the right balance between having a standard schedule and providing quality education is a big concern for colleges making these changes.

— Pavithra Choudhary

Battlefield drought relief funds

Siddaramaiah accuses BJP of betraying K'taka's people while Amit Shah says Cong delayed relief proposal

Chief Minister Siddaramaiah and Union Home Minister Amit Shah on Tuesday sparred over alleged non-release of drought relief funds by the Centre to the State.

Siddaramaiah accused the BJP-led government at the Centre of betraying and doing injustice to the people of the state, while Shah alleged delay on the part of Congress government in sending the proposal seeking relief.

"The (Congress) government that is in power here is not working in the interests of Karnataka and its development. The Chief Minister and Deputy Chief Minister here...one is busy trying to save his chair and the other is busy trying to snatch the chair. No one has the people of Karnataka in their mind," Shah said.

Addressing party workers and leaders in Bengaluru, he said: "There is drought in Karnataka, they (state government) were late by three months in sending a proposal to the Central government, and today the application for drought relief from the Centre is with the Election Commission. They (Congress government) are doing politics over it."

Karnataka has declared 223 out of 240 taluks as drought-hit; 196 of them were categorised as severely drought affected.

Earlier in the day, in Mysuru, Siddaramaiah claimed that Shah has no moral right to seek votes from the electorate of Karnataka, as he accused the BJP-led government at the Centre of betraying and doing injustice to the people of the State over the issue of delay in release of drought relief funds in particular.

"Let Amit Shah come or Narendra Modi (PM) come or J P Nadda (BJP President) come. Let any one come. Amit Shah is the head of the high-power committee, has he given drought relief? What moral right does he have to ask for votes from the people of Karnataka?" Siddaramaiah asked while talking to reporters.

It's been five months since his government first approached the Centre seeking drought relief but not even a rupee has been given to the state, the Chief Minister said. Three memorandums have been given since October; also the central team (inter-ministerial central team -IMCT) had come for inspection and they had submitted their report to the Union government.

"I had personally met PM Narendra Modi on December 19, Amit Shah on December 20, he had said he will call a meeting and decide on December 23 itself. How many days have passed since then? Did they give? It has been five months, till now they have not given drought relief. Is Amit Shah giving the money from his house? Is it a 'Bhikshe' (alms)? It's our money, our tax money," the Chief Minister added.

Congress has been using delay in drought relief as one of the major issues in its Lok Sabha poll campaign, and clearance of central projects along with alleged injustice to the state in tax devolution, and grant in aid.

Reacting to Shah's remarks, later in the evening, CM in a post on 'X' said, "Dear Home Minister Amit Shah, it seems you have lied again by saying Karnataka has delayed the submission of the drought memorandum."

Asking Shah to understand the chronology, he said, the state assessed the drought twice, and on September 23, submitted the first Memorandum to the Ministry of Agriculture and Ministry of Home Affairs. On November 20, the Agriculture Ministry sent the proposal of Karnataka, with the recommendation of the subcommittee of the National Executive Committee, for placing it before the committee, which the Home Minister chairs, the CM said. —PTI

Union Home Minister Amit Shah greets former CM BS Yediyurappa during a meeting of leaders and workers, at Palace Grounds in Bengaluru, on Tuesday; CM Siddaramaiah visited the Shankara Mutt on Tuesday

'10 political parties of the INDIA bloc to support Congress in Karnataka'

Deputy Chief Minister DK Shivakumar on Tuesday said discussions were on to seek the support of ten political parties of the INDIA bloc in Karnataka.

Addressing a joint press conference of the INDIA bloc parties including Aam Aadmi Party, he said, "We are discussing the support of about 10 parties of the INDIA bloc in Karnataka. It is not important how many votes they bring to the table but we are more keen on the people who follow their ideology."

"Congress and JD(S) fought the 2019 elections in Tumakuru together. CPI secured 17,000 votes and former Prime Minister H D Deve Gowda lost the elections by a mere 12,000 votes. We don't want a similar situation in the 2024 elections. Hence, we want all the alliance partners to work unitedly. We are discussing this," he added.

Shivakumar charged that the BJP led union government was making unnecessary allegations about opposition leaders.

"We condemn these action in one voice. BJP is not giving a clear response in the election bonds case. They have given a notice to the Left parties for Rs 11 crore. Prime Minister Modi has to answer the people of the country on these things," he said.

Claiming the Congress will win more than 20 seats in Karnataka, Shivakumar said a coordination committee of all INDIA bloc parties will be formed for better coordination.

He also said all alliance partners have given us a written letter of support. —PTI

Sumalatha to make her stand clear today

Independent MP Sumalatha Ambareesh has said she will make her decision on contesting the upcoming Lok Sabha elections public at Kalikamba Temple in the district headquarter town of Mandya on Wednesday.

In a long post on the micro-blogging site 'X' on Tuesday, the actress-turned-politician who won 2019 elections with BJP's backing from Mandya, asked people to gather at the temple on Wednesday. "Many are waiting for my stance on contesting elections. Serious thought has already been given in this regard. Neither your favorite 'Rebel Star' Ambareesh nor myself or anyone from our family are ever clinging to power," Sumalatha said. She said she will discuss with her voters before taking a final call.

"Tomorrow (April 3) at 10 AM in the Kalikamba Temple, I will offer pooja, then in the temple premises I will clarify my stand before all of you and announce my decision regarding the Mandya Lok Sabha elections," the wife of eminent Kannada actor-turned-politician late Ambareesh, said.

She said her son Abhishek Ambareesh and Kannada film actor Darshan Thoogudeepa will be present when she will make her decision public. —PTI

Declare Rahul Gandhi as the PM candidate: Bommai tells Congress

Former Karnataka Chief Minister and Gadag Lok Sabha constituency BJP candidate Basavaraj Bommai urged the Congress to declare Rahul Gandhi as the Prime Ministerial candidate.

Addressing an election campaign at Chikkerur village in Hirekerur Assembly constituency on Tuesday, he asked why Congress is not ready to declare Rahul Gandhi as their PM candidate.

"Is it because the Congress ratings would fall if you mention Rahul's name? The INDI Bloc CMs wanted AICC President Mallikarjun Kharge to become the Prime Minister but Karnataka Chief Minister Siddaramaiah said Rahul must make up his mind to become the PM and not Kharge," he said.

He said that there is opposition within the Congress for Kharge to become the PM.

He said that the administration has collapsed completely in Karnataka in the last ten months and a number of schemes had been stopped.

The Gruha Laxmi scheme implemented by the Congress government benefitted only 30 per cent of women. The women beneficiaries of the Yashaswini scheme must vote against the Congress in the coming parliamentary election. Rupees 2,000 was also not deposited in scores of women's accounts. They must teach Congress a lesson by voting against it, Bommai said. The Congress has done injustice to the minorities by not chalking out any schemes. The Haj Bhavan in Bengaluru was built by former CM BS Yediyurappa during the BJP government rule, he maintained. —IANS

Fewer parking spaces, fewer solutions

CONTINUED FROM PAGE 1

parking, 29,615 cases of footpath parking, and 2,511 cases of parking at intersections.

In 2023, traffic cops booked 5,499 cases and 8,870 cases in 2022 for parking at BMTC bus stops.

Meanwhile, 12,25,632 cases of various parking violations were registered by traffic cops in 2023.

However, experts are of the view that to bring down the number of these violations, the civic authorities would have to lay down some big parking solutions.

Experts said while regulated roadside parking can be an effective solution, civic authorities have failed to implement the floated solutions to parking woes.

"If you allow more vehicle registrations, it should come hand in hand with parking solutions. There is not even a proper parking system for taxis in the city. All roads with more than 60 ft width should have designated space for taxis. Space designated for taxis or shared mobility would create the need for more parking spaces. Additionally, large buildings that showcase parking space while getting building approvals should mandatorily permit parking. While we have areas that do not permit parking, there is no effective regulation of parking spaces," said urbanist Ashwin Mahesh.

Commenting on the failure of parking spaces, he noted that we need more walkable footpaths for the success of such projects.

"For multi-level parking complexes to be successful, we need good footpaths around MLCPs that should involve safe and level footpaths around them. The contract for the parking complex should involve footpath development," he added.

"Higher zones would allow provision for parking in lower priority zones. Civic authorities can charge up to Rs 10,000 for parking on roads and should heavily penalise offenders

Urban expert Ravichandar V said that DULT had proposed a parking system but it was not implemented.

"DULT had proposed a Parking Policy 2.0 but is yet to be implemented and hence we only have ad hoc arrangements.

Another parking solution is to divide Bengaluru into different zones and prioritise the zones based on the priority of the area. Civic authorities can issue annual/monthly licences for granting zonal stickers. Higher zones would allow provision for parking in lower priority zones. Civic authorities can charge up to Rs 10,000 for parking on roads and should heavily penalise offenders," he added.

The parking policy for Bengaluru was first prepared by DULT in 2012 and was adopted by the civic agency, Bruhat Bengaluru Mahanagara Palike (BBMP).

The Government of Karnataka approved Parking Policy 2.0 in February 2021. The goal of Parking 2.0 was to shift from chaotic parking to well-organised parking, free parking to paid parking, government-driven parking supply to market-driven parking supply and management, and passive and weak enforcement of parking regulations to active management of parking demand.

The parking policy aimed at addressing parking-related issues through the preparation of an Area Parking Plan (APP) for various zones in Bengaluru. The Area Parking Plan would be a zonal-level comprehensive parking plan, which focuses on all the aspects of parking in the city like regulation of on-street parking in commercial and residential areas, provision of off-street parking, special parking provisions for disabled persons and cyclists, pricing for parking, management of parking and so on. This would be carried out by identification of high parking demand areas in the city, identification of existing parking facilities and their utilisation and assessing the gaps in demand supply. APP would achieve more efficient use of road space while promoting sustainable modes of transport.

Your Connect

Nurture INTERNATIONAL SCHOOL

Nurture International School, 9th Mile, Hessarghatta Main Road. CBSE Affiliated school Invites applications from the facilitators for the upcoming Academic Year 2024- 2025.

Posts available:
- Hindi facilitator (Middle school)
- English facilitator (Primary school)
- Kannada facilitator (Primary school)
- Maths facilitator (Middle school)
- Social Science (Middle school and Secondary)
- Library assistant
- Science facilitator (Middle school and Secondary)

Eligibility criteria:
- B.Ed with Graduation/ Post Graduation for Primary, Middle and Secondary school.
- Proficiency in spoken and written English
- Basic computer knowledge

NURTURE INTERNATIONAL SCHOOL
9th Mile Stone, Hessarghatta Main Road, Bagalgunte, BENGALURU-560073
Visit : www.nurtureinternational.in
9731548822, 9632549595

Walk in interview dates : 05.04.2024 , 08.04.2024. Timings: 10.00 am to 1.00 pm

Interested candidates may mail detailed CV with recent photograph to career.nisb@nurtureinternational.in within 7 days of the date of publishing.

jobs

SITUATION VACANT

ACADEMIC

TEACHER

INFOMATICS School and College, Yelahanka is hiring teachers for Maths, science, Commerce, Robotics, CS etc. Call/WhatsApp - 93539-19470

ADMINISTRATION

RECEPTIONISTS & TEL OPERATORS

REQUIRED FEMALE RECEPTIONIST WITH ENGLISH AND COMPUTER KNOWLEDGE FOR A CLINIC IN MALLESWARAM. CONTACT: 9845825616.

OTHER VACANCIES

GENERAL

FEMALES wanted to take care of elderly, Salary 15000 to 17000 with free food and accommodation for above 18 years. CALL : 8139962883

MULTIPLE VACANCIES

WE-ARE-HIRING.
1. Civil Engg & Quality Engg (Male/ Female)
2. Accountant (Female)
3. HR with Civil knowledge
4. Architect

Note: Experience- 5 & Above Age: below 40 Years. Contact: SLN Infra, Doddabanaswadi, B.lore. Contact No - 94498 30753.

REQUIRED Office Staff and driver for delivery van in Balepet Shop. Attractive salary, Contact: 9845841608, 8217053959

WORK FROM HOME

WORK from home, opportunity to earn 50k- 80k pm. Pref cand.VRS, retired,housewives, business person etc,age 28-60,Min 10th pass,no chain marketing,no investment.Ct-95388 77560

SERVICES

RESTAURANTS

WANTED-SENIOR-MANAGERS for Non - VEG Andhra Style Chain of Restaurants in Bangalore & Dubai . Call : 98806 60665

TECHNICAL

SUPERVISORS

AGRICULTURE OPERATIONS SUPERVISOR

RRK FOUNDATION requires a Male Resident Supervisor for an ORGANIC FARM located near Denkanikottai, Krishnagiri District. Candidates should be passionate about working in Agriculture Land by managing various seasonal crops cultivation, up keep of Plants/ Trees, Gaushala and day-to day operations by leading workers team for quality output and better productivity. Experienced and Qualified persons having good knowledge, up keep of Farm and familiar with Tamil/ Hindi can apply.
Send detailed Resume to: rrkfoundation@gmail.com / sayurifarm1@gmail.com
Contact Person: Narayana Prasad 73497 79987

real estate

BANGALORE PROPERTIES

JP NAGAR

BRIGADE Palm Springs 3 BHK N/f & brigade Millennium 4 & 3 BHK & Peninsula Hights 4 BHK & JPN 30x40, 60x40, 60x90 For sale SS Realtors 9845760178

personal

CHANGE OF NAME

I R Sreenivasan S/O Ramasamy R/O No.670,CMRS Onyx Mansion, Flat No.101,1st Main, C Block, Aecs Layout, Bangalore, Karnataka 560037 has changed name from RAMASAMY NAIDU SEENIVASAN to R SREENIVASAN for all future purposes. Affidavit Certificate No.IN-KA73082639383809W

I, Syed Hashim Alias Shanawaz S/o Syed Hyder R/at Elegant Rise, Flat No. 002, 1/2 Spencer road, Frazer town, Opp. Harmain Signature Pulkeshinagar, Bangalore-560005 have changed my name to Syed Hashim, vide affidavit dated 02.04.2024 before notary V. Rajashekhara, B.lore

I, Famida Begaum W/o Saifulla, R/at No.42/D/1, Pipe Line road, 100 feet ring road, Ilyas Nagar, JP Nagar post, Bangalore-560078 have changed my name to Famida Begum, affidavit dt: 02.04.2024 Notary V. Rajajshekhara, B.lore.

I Anand S Malagi, R/o # No 32 1st Cross 1st Main Ramarao Layout Kathriguppe Banashankari III Stage Bengaluru-560085 do here by declare that i have changed my minor son's name from Samarth Malagi to Samarth A Malagi vide affidavit dated: 02/04/2024 before notary B M Chandrashekar Bangalore.

I Trupthi Patil D/O, Tanaji Hindurao Patil R/o No. 7, 3 Main Road, Dwaraka Nagar, Kattigenahalli, Jala Hobli, Af Station, Yelahanka, Bengaluru, Karnataka 560063 have changed my name to Trupthi Patil T Notary by SR Ravikumar

I, Balaji Manigandan Bathrachalam R/o No 13, 6th Cross, Lakshmipuram, Ulsoor, Bengaluru 560008 have changed my minor son's name from Aarya to Aarya Balaji.

THE TIMES GROUP

Readers are recommended to make appropriate enquires and seek appropriate advice before sending money, incurring any expenses, acting on medical recommendations or entering into any commitment in relation to any advertisement published in this publication. The Times Of India Group doesn't vouch for any claims made by the Advertisers of products and services. The Printer, Publisher, Editor and Owners of The Times Of India Group publications shall not be held liable for any consequences, in the event such claims are not honoured by the Advertisers.

I, Rumana Nodavinakere Enayath W/o Waseem Pasha, R/at No.410, Flat No.401, 8th B Main road, Jayanagar, 4th Block, Bangalore-560011 have changed my name to Rumana Waseem Pasha, affidavit dt: 02.04.2024 before notary V. Rajajshekhara, B.lore.

I, Mansoor Ahmed Shabbeer Ahmed, R/at 1-6, 1st Main, E Street, Vinobhanagar, K G Halli, Bangalore-560045 have changed my name to Mansoor Ahmed For All Purposes.

I, Melvin William Ebenezer R/o 408-A Block, SR Suvarna Residency, Doddamara Road, Bengaluru- 560099 have changed my minor daughter name from M Cassandra Rochelle Ebenezer to M Cassandra Rochelle.

LOST & FOUND

DEAR all, We had misplaced our original plot paperwork at the KGF bus stand. If anyone finds it, please call us at the number below: 9502371860.

I lost my degree certificate while shifting from my house

GET NOTICED

GALLERIA

HEALTH TIP: Rheumatic diseases can lead to reproductive problems, finds new study

Vitamin D plays a significant role in regulating the hair cycle, including the growth of new hair

BangaloreMirror | 9
Wednesday, April 3, 2024
mybangaloremirror@timesgroup.com
facebook.com/thebangaloremirror
@BangaloreMirror

EXERCISE: PUT YOUR HEART IN IT

Getting your heart pumping is important for fitness

Aerobic exercise like jogging, biking, swimming or hiking is a fundamental way to maintain cardiovascular and overall health. The intensity of aerobic exercise is important to determine how much time you should spend training in order to reap its benefits.

As an exercise science researcher, I support the American College of Sports Medicine's recommendation of a minimum of 150 minutes per week of moderate aerobic exercise, or 75 minutes per week of high-intensity exercise. But what does exercise intensity mean?

There is a linear relationship between heart rate and exercise intensity, meaning as the exercise intensity increases, so does heart rate. Heart rate zone training, which uses heart rate as a measure of exercise intensity, has increased in popularity in recent years, partially due to the ubiquity of wearable heart rate technology.

The way exercise intensity is usually described is problematic because one person's "vigorous" may be another's "moderate". Heart rate zone training tries to provide an objective measure of intensity by breaking it down into various zones. But heart rate can also be influenced by temperature, medications and stress levels, which may affect readings during exercise.

Heart rate and exercise intensity

The gold standard for determining aerobic exercise intensity is to measure the amount of oxygen consumed and carbon dioxide exhaled. However, this method is cumbersome because it requires people to wear a breathing mask to capture respiratory gases.

An easier way is to predict the person's maximum heart rate. This can be done with an equation that subtracts the person's age from 220. Although there is controversy surrounding the best way to calculate maximum heart rate, researchers suggest this method is still valid.

The American College of Sports Medicine outlines five heart rate zones based on a person's predicted heart rate maximum. Zone 1, or very light intensity, equals less than 57% of maximum heart rate; zone 2, or light intensity, is 57% to 63%; zone 3, or moderate intensity, is 64% to 76%; zone 4, or vigorous intensity, is 77% to 95%; and zone 5, or near-maximal intensity, is 96% to 100%.

However, other organizations have their own measures of exercise intensity, with varying ranges and descriptions. For example, Orange Theory describes their zone 2 training as 61% to 70% of maximum heart rate. Complicating matters even further, companies that produce heart rate monitors also have higher thresholds for each zone. For example, Polar's zone 2 is up to 70% of maximum heart rate, while the American College of Sports Medicine recommends a zone 2 of up to 63%.

Adapting heart rate zones

Zone training is based on the idea that how the body responds to exercise is at least in part determined by exercise intensity. These adaptations include increased oxygen consumption, important cellular adaptations and improved exercise performance.

Zone 2 has received a lot of attention from the fitness community because of its possible benefits. Performance coaches describe zone 2 as "light cardio," where the intensity is low and the body relies mainly on fat to meet energy demands. Fats provide more energy compared to carbohydrates, but deliver it to cells more slowly.

Because fat is more abundant than carbohydrates in the body, the body responds to the cellular stress that exercise causes in muscle cells by increasing the number of mitochondria, or the energy-producing component of cells. By increasing the number of mitochondria, the body may become better at burning fat.

On the other end of the spectrum of exercise intensity is high-intensity interval training, or HIIT. These workouts involve exercising at a high intensity for short durations, like an all-out sprint or cycle for 30 seconds to a minute, followed by a period of low intensity activity. This is repeated six to 10 times.

During this sort of high-intensity activity, the body primarily uses carbohydrates as a fuel source. During high-intensity exercise, the body preferentially uses carbohydrates because the energy demand is high and carbohydrates provide energy twice as fast as fats.

Some people who turn to exercise to lose fat may eschew high-intensity training for zone 2, as it's considered the "the fat burning zone." This may be a misnomer.

Researchers have found that high-intensity interval training produces a similar increase in markers for mitochondria production when compared to longer, moderate aerobic training. Studies have also shown that high-intensity exercisers build muscle and improve insulin resistance and cardiovascular health similar to moderate-intensity exercisers, and they made these gains faster. The main trade-off was discomfort during bouts of high-intensity exercise.

Moderate- or high-intensity exercise?

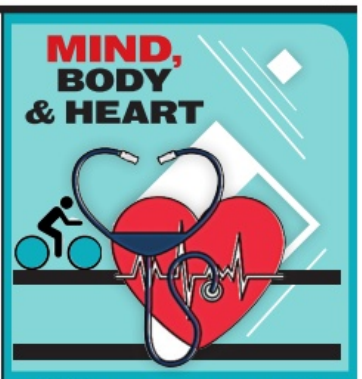
With varying guidelines around heart rate zones and conflicting evidence on the potential benefits of training in each zone, exercisers may be left wondering what to do.

In order to yield the health benefits of exercise, the most important variable to consider is adhering to an exercise routine, regardless of intensity. Because the body adapts in similar ways to moderate- and high-intensity exercise, people can choose which intensity they like best or dislike the least.

Notice that the American College of Sports Medicine's recommendation for exercise falls under moderate intensity. This is equivalent to zone 3, or 64% to 76% of maximum heart rate, a range you can only meet in the upper levels of most zone 2 workouts. If you're not seeing desired results with your zone 2 workouts, try increasing your intensity to reach the moderate level.

A commonly reported reason for not exercising is a lack of time. For people short on time, high-intensity training is a good alternative to steady-state cardiovascular exercise. For people who find exercising at such a high intensity uncomfortable, they can get the same benefit by doing moderate-intensity exercise for a longer period.

(By Jason Sawyer, Bryant University, The Conversation)



All you need to know about...

Diet for mental ailments

Can prevent stunting

Problem with meds

The common antipsychotic medication used for severe mental illnesses such as schizophrenia and bipolar disorder might have unintended consequences. Although these medications aid in the regulation of brain chemistry, they frequently result in metabolic adverse effects, such as obesity and insulin resistance, which are so upsetting that many patients cease taking them.

Ketogenic diet may help

According to a recent pilot study conducted by doctors at Stanford Medicine, a ketogenic diet helps these individuals' mental health in addition to restoring their metabolic health while they continue their drug regimen. The findings, which were released in Psychiatry Research, indicate that nutritional interventions can be quite effective in addressing mental health conditions.

Take back control

"It's very promising and very encouraging that you can take back control of your illness in some way, aside from the usual standard of care," said Shebani Sethi, MD, associate professor of psychiatry and behavioral sciences and the first author of the new paper.
The senior author of the paper is Laura Saslow, PhD, associate professor of health behavior and biological sciences at the University of Michigan.

Diet as treatment

"The ketogenic diet has been proven to be effective for treatment-resistant epileptic seizures by reducing the excitability of neurons in the brain," Sethi said. "We thought it would be worth exploring this treatment in psychiatric conditions."

Metabolic effect

There is increasing evidence that psychiatric diseases such as schizophrenia and bipolar disorder stem from metabolic deficits in the brain, which affect the excitability of neurons, Sethi said. The researchers hypothesize that just as a ketogenic diet improves the rest of the body's metabolism, it also improves the brain's metabolism. —ANI

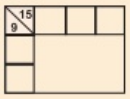
mybangaloremirror@timesgroup.com
facebook.com/theBangaloremirror
@BangaloreMirror

SOLVE IT IN A MINUTE

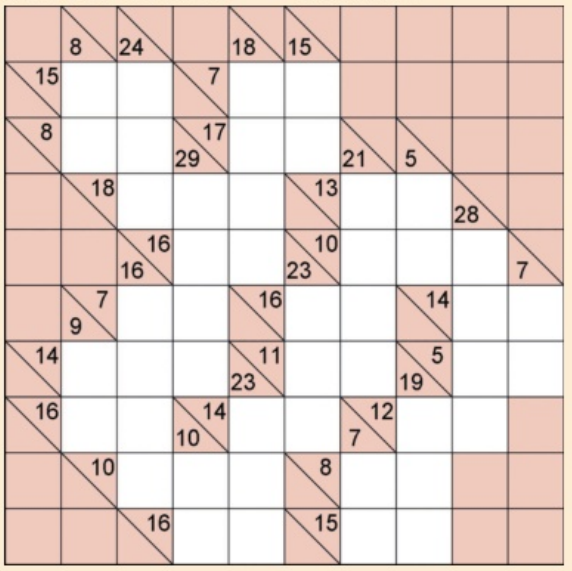
-(-6+3) = (+3-6)-
True or False

Kakuro

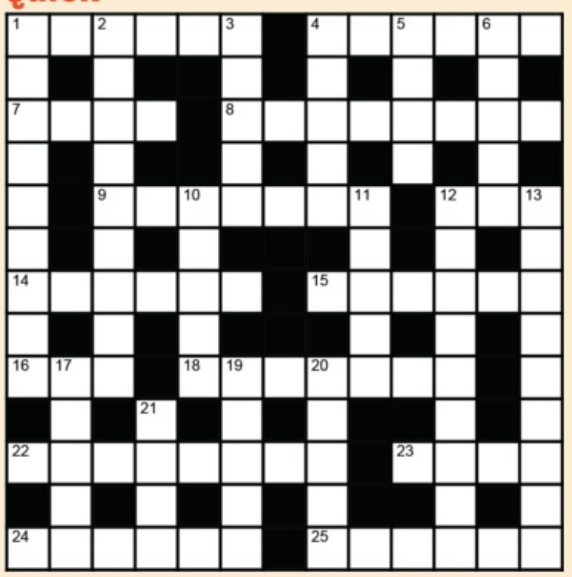
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Maintain one's rating (4,2)
4 A hard, acid fruit (6)
7 Post (4)
8 Sparks off (8)
9 ___ ___ ___ the world : exuberant? (2,3,2)
12 Centre (3)
14 Raises or hauls up (6)
15 Fished with hook and line (6)
16 Piercing tool (3)
18 Exhibiting or displaying (7)
22 Government building that offers a view of Ulsoor Lake on one side and the Bangalore Race Course on the other (4,4)
23 Greek goddess of the earth (4)
24 Craving for drink (6)
25 Pulled with force; transported (6)

DOWN

1 Old Cambodia (9)
2 Article expressing opinion (9)
3 Open courtyard in front of a house (5)
4 Ecuador's capital (5)
5 Villain in Shakespeare's Othello (4)
6 Second largest of Greek Ionian islands (5)
10 Lugs along (5)
11 Mushrooms (5)
12 The knights of the Round Table went in search of it (4,5)
13 Personal security man (9)
17 Intense anger (5)
19 Core (5)
20 Former Windies paceman Courtney ___ (5)
21 Travel around (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: H EQUALS T

B JBFXN FX VFQN B UBJHFSF: FH NVNGBHNX HKN XCFJFH, DZH LSVA HNUCLJBJFVA.

Linemaro

Put down that cupcake, you are sweet enough already

Mindchow

A man is never more truthful than when he acknowledges himself a liar

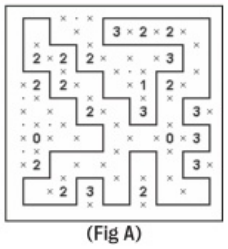
Joke of the day

Assassins are impressive. Its not the killing part that impresses me; it's that they figured out a way to fit "ass" into the same word twice

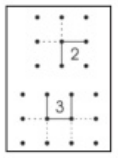
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



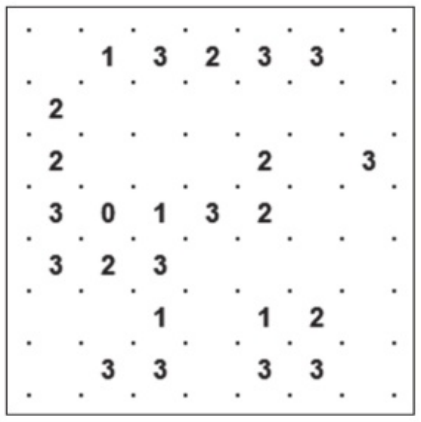
(Fig A)



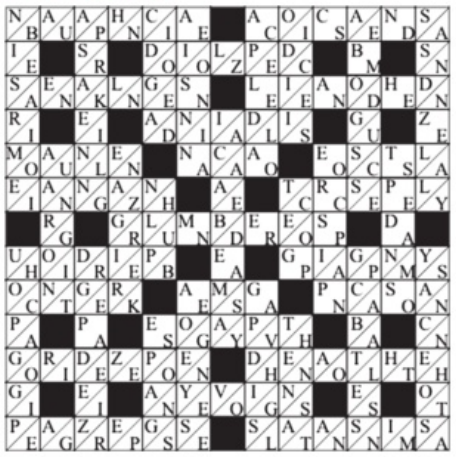
(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1 G	2	3	4	5
6				
7				
8				
9				

ACROSS

1 LSD eg.; 6 Until; 7 A nine; 8 In lug; 9 Do Ion

DOWN

1 Lug Di; 2 In une; 3 No all; 4 Doing; 5 Is Ten

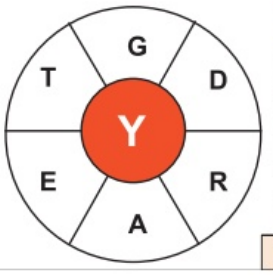
Mensapuzzle

In the two numerical sequences below, one number that appears in the top sequence should appear in the bottom sequence and vice versa. Which two numbers should be changed round?

3, 6, 9.5, 14.5, 18, 23

5, 10, 13.5, 18.5, 22

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

13 Average; 15 Good; 17 Outstanding

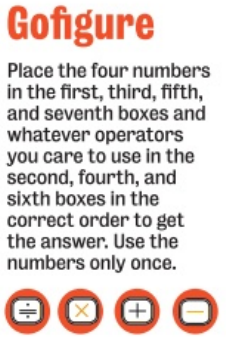
SudokuChallenge

6		9				3	5	
					2	1	4	
	4				7			8
8				9	1	6		
		6				5		
		7	2	6				1
2			3				6	
	9	3	7					
	6	4				9		3

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



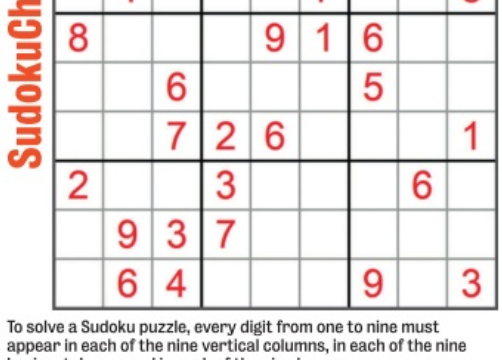
Easy = 21
1 6 8 8

Medium = 2
4 4 5 7

Hard = 8
2 3 8 2

Hocusfocus

Find at least six differences in details between panels.



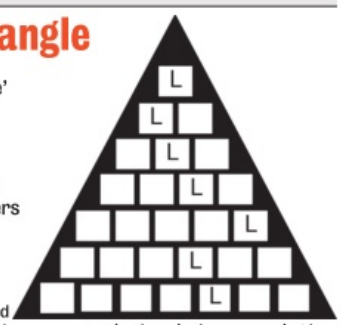
Differences: 1. Paper is shorter. 2. Ann is moved. 3. Leg is moved. 4. Sleeve is short. 5. Back of chair is lower. 6. Finger is moved.

Riddler

Below are a few singers who have sung a song that has a number in its title. The names of the singers are spelled out. The Beatles = E D a W
Air Supply = The O T Y L Shania Twain = Y S the O
Herman's Hermits = I H the E I A

Alpha triangle

1 XXV + XXV
2 'Cherchez femme'
3 Pub purchase
4 Strong wind
5 Licit
6 A ship's kitchen
7 City home to the CIA's headquarters



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye

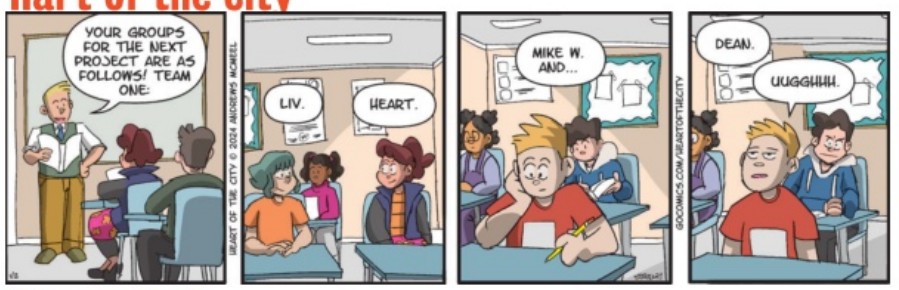
Bizarrotrip

I was deciding between a sharp stone and a pointy stick, & the next thing I knew it was dark outside.
HUNTER-DITHERER
BIZARRO.COM
Wayno & Piraro 1-1-24

Diamond Lil

A NEW YEAR'S RESOLUTION WALKS INTO A BAR:
SLAM!
KA-TUMP... KA-TUMP... KA-TUMP... KA-TUMP...
WHY ARE YOU IN A BODY CAST?
I'M BROKEN ALREADY
www.creators.com

Hart of the city



Crankshaft

THERE'S A RED-BELLIED WOODPECKER... AND A BELTED KINGFISHER!
DO YOU KNOW THE NAME OF EVERY SINGLE BIRD IN THE WORLD?
DON'T BE RIDICULOUS, ED.
JUST IN THE NORTHERN HEMISPHERE.
tombatiuk.com/books

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may feel dissatisfied and may not be able to complete your responsibilities. Your investments may result in some loss. You are advised to read documents carefully before putting your signature. Elderly health issues may make you upset. You are advised to postpone renovation for a while if you may plan to reconstruct your house.

Taurus Apr 21 – May 20
Today, you may be busy at work. Your network may be increased and with its help you are likely to get a big order in terms of business and work. You are likely to start innovation in partnership. You may get some investments in your business, which will increase your business in near future. Your emotional relationship with your spouse will be greatly improved.

Gemini May 21 – Jun 21
Today you may be busy with your family, you may feel happy and enjoy life with your family or friends. You may expect some new sources of income, which may boost your financial health. You may control your expenditures on worthless stuff. You may buy some worthwhile things, which may increase your social status.

Cancer Jun 22 – July 23
Today, elders' blessings may help you. You may try to improve your patience, bringing back your focus which may help you to achieve your goals. You may perform well in terms of business and domestic life. There may be some balance between expenditures and savings which may boost your savings.

Leo Jul 24 – Aug 23
Today, you may be dissatisfied. You may feel lazy and dull which may affect your current speed of the project or work in terms of delay. Love birds are advised to avoid any important decision in terms of marriage. Job seekers may face disappointments in terms of interviews.

Virgo Aug 24 – Sep 23
Today, your internal power may make you happy and you may get short gains in terms of investments. You may make good relations with your boss and may have some promotions. Your prestige in the society may be increased. You may also expect some work related travels.

Libra Sep 24 – Oct 22
Today, you may be blessed by the moon. Your performance at work may be improved and your hard work may be rewarded with a high position. You may also meet some influential people, who may give you a good direction to improve your life. You may manage your domestic issues very easily, which may boost harmony in the domestic life.

Scorpio Oct 23 – Nov 22
Today, you may be happy and things will be better. You may plan to visit some religious place and it may give you inner strength. You may also donate some amount to religious places or to charity. You may expect some overseas travel in terms of education or work. Couples may get their suitable match. Singles are likely to find a soulmate.

Sagittarius Nov 23 – Dec 22
Today, you may feel unhappy and dull. It affects your way of working as there may be some delay in completion of your projects. It may affect your prestige in your professional and domestic life. It is advised to avoid adventure tours or rush driving. Love birds may break up. Job seekers may be disappointed in terms of a new job.

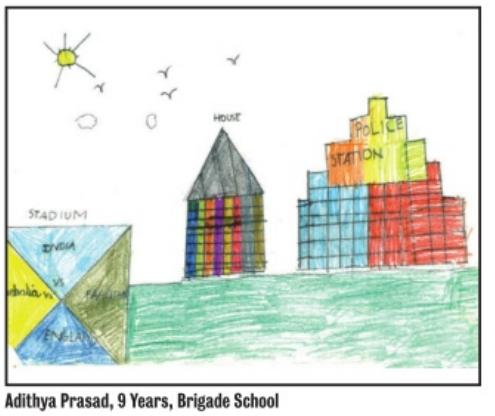
Capricorn Dec 23 – Jan 20
Today, you may feel a positive vibration around you. Things are under control and you may plan to start a new business in a partnership. You may also expect some long distance travel. You may increase trust with your spouse, which will bring harmony in your domestic life.

Aquarius Jan 21 – Feb 19
Today, you may perform your best in the office. You may have good bonding with the boss and may get some new responsibilities in terms of promotions. You may get good incentives for your work. Chronic health issues may be cured now. Disputes with the siblings may be resolved now. Job seekers may find a new job.

Pisces Feb 20 – Mar 20
Today, kids' education may keep you busy, and you may also plan for their higher studies. Couples may hear good news in expanding family. You may think to update yourself and make some plan for higher studies to get a promotion in the current job. Singles may find their soulmate. Natives related to education, consultants, and banking will do better.

KIDZONE

Gowri S Setty, 14 Years, Prarthana School



Adithya Prasad, 9 Years, Brigade School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

RIDDLER
The Beatles = Eight Days a Week, Air Supply = The One That You Love, Shania Twain = You're Still The One &, Herman's Hermits = I'm Henry the Eighth I Am

FAST FIVE

G	E	L	D	S
U	N	L	I	T
I	N	A	N	E
L	U	N	G	I
D	I	O	O	N

BULL'S EYE
dray, dyer, edgy, gayer, gayest, gyrate, GYRATED, gyre, rayed, ready, tardy, teary, TRAGEDY, tray, tyre, yard, year

SOLVE IN 1M
-(-3)=(-3)-
3=3
True

STRIKE OUT

E	G	R	E	S	S		S	T	A	S	I	S		

QUICK

T	H	I	R	S	T		H	A	U	L	E	D		

MENSA PUZZLE
14, 5 and 13.5
should be interchanged. The top sequence progresses +3, +3.5, greesses +3, +3.5, +4, +4.5, +5. The bottom sequence progresses +5, +4.5, +4, +3.5.

QUOTE UNCODE
A raise is like a martini: it elevates the spirit, but only temporarily.

SUDOKU

6	2	9	4	1	8	3	5	7
3	7	8	9	5	6	2	1	4
1	4	5	6	3	7	9	2	8
8	3	2	5	9	1	6	7	4
4	1	6	8	7	3	5	2	9
9	5	7	2	6	4	8	3	1
2	8	1	3	4	9	7	6	5
5	9	3	7	8	6	4	1	2
7	6	4	1	2	5	9	8	3

ALPHA TRIANGLE
L, La, Ale, Gale, Legal, Galley, Langley.

GO FIGURE
Easy
7 - 5 + 4 - 1 = 5
Medium
6 + 8 + 8 - 1 = 21
Hard
2 + 8 / 2 + 3 = 8

LOOP

KAKURO

Volume No 17, Issue No 068 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011 and printed by him at Bennett Coleman & Co Ltd., The Times of India Press, No. 9/10/11-A, 4th Main, KIADB Bommasandra Industrial Area, Anekal Taluk, Bangalore - 560 099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru - 560 011, Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon - responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

Rasika's holiday destinations— Actress Rasika Dugal has opened up on her favourite holiday destination, and it is Ooty, Coonoor and the Nilgiris. For the food holiday, the 'Mirzapur' fame actress suggested Delhi, Chandigarh, and Amritsar

BangaloreMirror | 12
Wednesday, April 3, 2024
bangaloremirror@timesgroup.com
facebook.com/thebangaloremirror
@BangaloreMirror

Jungle jaunt

Priyanka Chopra Jonas, who is narrating the story of the planet's most charismatic animal -- 'Tiger', said she had fun lending her vocals to the story and exploring the jungles through the film.

'Tiger', which according to Priyanka is a tale of "love, conflict, hunger and survival" will launch on Disney+ Hotstar on Earth Day.

Talking about the film, Priyanka wrote on X (formerly called Twitter): " 'Tiger'... a story that captures the wild and brings out everything that happens within it - tales of love, conflict, hunger, survival and so much more."

"In the bustling jungles of India, where creatures big and small, timid and majestic roam, there's Amba - a tiger with a timeless legacy. She cares for her cubs with so much love that the beautiful bond between mother and child shines through so magnificently," she added.

The actress shared an anecdote and wrote: "This film was shot over eight years following this beautiful family."

Every bit of working on the project was fun for Priyanka. "I had so much fun lending my voice to this incredible story and exploring the jungles through this film. I can't wait for y'all to enjoy the jungle with us!". —IANS

Ties that bind

Tabu talks about her decades-long relationship with Kapoors

Tabu describes her role in "Crew" as a significant milestone in her three-decade-long career, which started with Boney Kapoor. The heist comedy, also featuring Kareena Kapoor Khan and Kriti Sanon, has garnered success. In the film, Tabu portrays Geeth Sethi, a flight attendant. Additionally, the movie, co-produced by Anil Kapoor and Rhea Kapoor, reunites her with Anil, her co-star from 'Virasat'.

In an interview with Connect FM Canada, Tabu reflected on her association with Anil Kapoor and his family. "My association with the Kapoor family (Anil and Boney Kapoor) is 35 years old, when Rhea was just one year old."

In 1984, producer Boney Kapoor signed the actor from 'Maqbool' opposite his younger brother Sanjay Kapoor for the romantic film 'Prem,' which was released in 1995. "At the beginning of my career, I did Prem, which was opposite Sanjay. It was produced by Boney Kapoor. I later worked with Anil in Priyadarshan's Virasat, an adaptation of the Tamil film Thevar Magan. I shared the screen space with Arjun Kapoor in Kuttey. So it has been a long journey!" said Tabu.

Sharing her experience of working with Rhea Kapoor, Tabu added, "It is nice to see Rhea as a strong-headed producer."

In her 25-year acting career, Tabu has won two National Awards and a Padma Shri. She has also starred in acclaimed Hollywood films like 'The Namesake' and "'Life of Pi.' 'Crew,' directed by Rajesh A. Krishnan, hit theaters on Friday and has received praise from critics and audiences. — ETimes

For the love of fashion

Actress Nushrratt Bharuccha says all for the love for fashion, as she wore a "corset" she couldn't breathe in.

Nushrratt took to Instagram and shared a video. In the clip, the actress is seen dressed in a white corset and cargo pants as she poses in an elevator.

While coming out of the elevator, Nushrratt said: "I'm gonna collapse a lung." To which her stylist replies: "That's okay".

"She said that's okay to my collapsing lung," Nushrratt retorted, and added "I cannot breathe".

For the caption, the actress wrote: "Premika ne pyaar se pose bhi karliya! In a corset I couldn't breathe in! All for the prem of fashion."

Talking about work, Nushrratt will be seen in the second instalment of 'Chhorii', a horror film directed by Vishal Furia. Released in 2021, 'Chhorii' was a remake of the Marathi-language film 'Lapachhapi'. — IANS

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Educate yourself

Scam 1770 aims to showcase how education has become a business and how parents from poor and middle-class families are suffering to provide quality education to their children. The movie's trailer was released by Adarsh, a student who also works as a newspaper boy in the morning to support his parents. The movie is helmed by Vikas Pushpagiri and is bankrolled by Devaraj R under the D Creations banner.

"I have tried to showcase problems with our education system. The movie also highlights how important education is for children to become somebody in society. Parents and children must watch this film," said Pushpagiri.

He thanked producer Devaraj for bankrolling the movie. "The producer is known for bankrolling good movies that contribute something to society," the director said. Ranjan, who played a key character in the movie Sarkari Hiriya Prathamikashaale Kasaragod, is playing the lead in this movie. "I was at the Kantara movie shooting when the director tried to contact me. We were not allowed to carry mobile phones with us during the shooting of that movie. I was able to contact the director only in the evening. I am very happy to get the opportunity to act in this movie. I played a dullard in Sarkari Hiriya Prathamikashaale Kasargod but in this movie, I am an intelligent student," said Ranjan.

Only devotion

Director Madhusudhan Havaldar is busy with the release of his latest Kannada devotional movie Dasavarenya Sri Vijayadasaru. It is a complete portrayal of the iconic saint Dasavarenya Sri Vijayadasaru. The movie is scheduled for release on April 12 across the state. A function was held to screen songs of the movie recently.

Thrivikrama Joshi plays the lead and has bankrolled the movie.

"There were not many movies on the Haridasas cult, except Bhakta Kanakadasa (1960) and Navakoti Narayana (1964). After a long gap, Jagannatha Dasaru (2021) and later Sri Prasanna Venkata Dasaru (2023) were released. Now, Dasavarenya Sri Vijayadasaru is ready for release," said Joshi, who is an engineer.

Stating that he was not in it to make money, but to convey a good message to society. "I am also involved in politics but my ambition is to bankroll movies that will help society. I saw how audiences became ecstatic while watching the movie Sri Jagannatha Dasaru. Booking of tickets for Dasavarenya Sri Vijayadasaru has begun," he said, adding that this is his third movie as a producer. It is said the producer has a plan to bankroll a sequel of the film too.